

Big South Fork National River & Recreation Area

National Park Service
U.S. Department of the Interior

Big South Fork NRR
4564 Leatherwood Rd
Oneida, TN 37841



Centennial Challenge Healthy Hike Dr. Nicholson Leads Birding Walk 16th Annual Spring Planting & Music Festival April 30



Join Dr. Nicholson for a memorable and peaceful, spring bird walk at Big South Fork National River and Recreation Area. Dr. Nicholson has 35+ years of birding experience on the Cumberland Plateau in Tennessee, including Big South Fork and author of the Atlas of Breeding Birds of Tennessee.

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- **When:** Saturday, April 30, at 8:00 a.m. (ET)
 - **Where:** Meet at Bandy Creek Visitor Center
 - This event is free and open to the public
 - Wear sturdy shoes, bring binoculars, and water
 - Don't forget to log your miles on your **Centennial Challenge: 2016: 100 Miles for 100 Years** Activity Log Sheet.

Learn more about the Centennial Challenge 2016 at:

<http://www.nps.gov/biso/planyourvisit/centennial-challenge.htm>

Ranger-led Healthy Hikes provide visitors opportunities for improving fitness, while discovering Big South Fork NRR.

For more information, please contact Big South Fork National River & Recreation Area at 423-286-7275.